



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Lebeniye Soup with Yogurt

Yoğurtlu Lebeniye



1 + 1/2 cups chickpea
1 cup rice
1.10 lb meat cubes
2 cups yogurt
1/2 cup flour
1 egg
1 tbsp mint
3 tbsp vegetable oil
2 tsp salt
8 cups gravy

- # Boil the chickpeas, rice and meat in separate pots.
- # Whisk the mixture of yogurt, flour and egg by the help of a beater or fork, until it turns into smooth.
- # Put the chickpeas and the rice into the pot which you will cook the meal.
- # Place the pot over medium heat, and add the mixture with yogurt into the pot.
- # Add gravy immediately, and add the vegetable oil and salt while stirring the soup.
- # Add the boiled meat finally, and sprinkle the mint all over while the soup is boiling. Remove the pot from the stove.
- # Fill into the soup bowls and serve hot.

Note: You can add chicken instead of meat cubes for modernizing the soup which is from Gaziantep.